Fitness Center Class Schedule

Open Daily 7 AM to 7 PM

the Heritage at Lowman

November 2026

Open Swim

Tuesdays & Thursdays **2 PM** ~ Saturdays 3 **PM**

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 AM Functional Movement **11:30 Water Aerobics (45)** **1 PM Water Aerobics (45)** 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	**3** 8:30 Yoga (60) 9:45 Chair Yoga **9:30 Water Aerobics (45)** **10:15 Kicking** **10:30 Zumba Gold/Toning (45)** 1:30 Machine Circuit Training (30)	**4** 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) **11:30 Water Aerobics (45)** **NO 2 PM Floor Stretch** **NO 3 PM Balance & Stretch** **NO 4:15 Restorative Yoga**	**5** 8:30 Yoga (60) 9:45 Chair Yoga (30) **9:30 Water Aerobics (45)** **10:15 Kicking** 1:30 Machine Circuit Training (30)	**6** **Holiday Market 2-5 PM** 10 AM Courtyard Chair Yoga *Dogwood Courtyard* **10:30 Zumba Gold/Toning (45)** **11:30 Water Aerobics (45)** **12:15 Pool Volleyball**
9 10 AM Functional Movement **11:30 Water Aerobics (45)** **1 PM Water Aerobics (45)** 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	**10** 8:30 Yoga (60) 9:45 Chair Yoga **9:30 Water Aerobics (45)** **10:15 Kicking** **10:30 Zumba Gold/Toning (45)** 1:30 Machine Circuit Training (30)	**11** 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) **11:30 Water Aerobics (45)** 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	**12** 8:30 Yoga (60) 9:45 Chair Yoga **9:30 Water Aerobics (45)** **10:15 Kicking** 1:30 Machine Circuit Training (30)	**13** 10 AM Courtyard Chair Yoga *Dogwood Courtyard* **10:30 Zumba Gold/Toning (45)** **11:30 Water Aerobics (45)** **12:15 Pool Volleyball**
16 10 AM Functional Movement **11:30 Water Aerobics (45)** **1 PM Water Aerobics (45)** 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	**17** 8:30 Yoga (60) 9:45 Chair Yoga (30) **9:30 Water Aerobics (45)** **10:15 Kicking** **10:30 Zumba Gold/Toning (45)** 1:30 Machine Circuit Training (30)	**18** **12pm Nourish to Flourish** 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) **11:30 Water Aerobics (45)** 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	**19** 8:30 Yoga (60) 9:45 Chair Yoga (30) **9:30 Water Aerobics (45)** **10:15 Kicking** 1:30 Machine Circuit Training (30)	**20** 10 AM Courtyard Chair Yoga *Dogwood Courtyard* **10:30 Zumba Gold/Toning (45)** **11:30 Water Aerobics (45)** **12:15 Pool Volleyball**
23 10 AM Functional Movement **11:30 Water Aerobics (45)** **1 PM Water Aerobics (45)** 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	**24** 8:30 Yoga (60) 9:45 Chair Yoga **9:30 Water Aerobics (45)** **10:15 Kicking** **10:30 Zumba Gold/Toning (45)** 1:30 Machine Circuit Training (30)	**25** 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) **11:30 Water Aerobics (45)** 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	**26** **Happy Thanksgiving** **NO CLASSES**	**27** 10 AM Courtyard Chair Yoga *Dogwood Courtyard* **10:30 Zumba Gold/Toning (45)** **11:30 Water Aerobics (45)** **12:15 Pool Volleyball**
30 10 AM Functional Movement **11:30 Water Aerobics (45)** **1 PM Water Aerobics (45)** 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)				